

Staying Healthy Recovering and Regaining Health from COVID

Long-Haulers/Post-Acute Sequelae of SARS-CoV-2 Infection (PASC)

Group Medical Visit (GMV) Series

July 10 – August 28, 2024

Are you struggling with lingering effects from Covid-19, such as fatigue, etc., and wants to explore regaining health with integrative and functional medicine lifestyle practices? Join us in a supportive community to get your health back on track.

- WHAT:** A 6-week Wednesday morning series.
- WHEN:** July 10 17, 24 – August 7, 14 and 28 (Skipping July 31 and August 21.).
- TIME:** 10:00 am – 12:00 pm (noon) *Please check in 15 minutes before start time.*
- WHERE:** Online Virtual Video Visits via secure ZOOM.

Questions? Ready to schedule? Call 612-873-8048



Kara Parker, MD is a doctor and teacher at Whittier Clinic who is trained in Lifestyle and Functional Medicine. She has a passion to gather patients together to discover and share ways to thrive.

More Group Medical Visit information/flyers go to: [Group Medical Visits - Hennepin Healthcare](#)
Email: groupvisits@hcmhd.org, or call 612-873-8048.